

That Which is Claimed:

1. A cosmetic or dermatological preparation with a content of an active ingredient combination of at least one compound selected from the group consisting of creatinine and derivatives thereof and at least one compound selected from the group consisting of creatine and derivatives thereof.
2. The cosmetic or dermatological preparation as claimed in claim 1, wherein the at least one compound selected from the group consisting of creatinine and derivatives thereof and the at least one compound selected from the group consisting of creatine and derivatives thereof are present in an amount effective for the prophylaxis or treatment of an inflammatory skin condition or for the protection of sensitive or dry skin.
3. The cosmetic or dermatological preparation as claimed in claim 1, wherein the at least one compound selected from the group consisting of creatinine and derivatives thereof and the at least one compound selected from the group consisting of creatine and derivatives thereof are present in an amount effective for the prophylaxis or treatment of the symptoms of intrinsic or extrinsic skin aging or of the harmful effects of ultraviolet radiation on the skin.
4. The cosmetic or dermatological preparation as claimed in claim 1, wherein the at least one compound selected from the group consisting of creatinine and derivatives thereof and the at least one compound selected from the group consisting of creatine and derivatives thereof are present in an amount effective for the treatment or prophylaxis of environmentally induced negative alterations of the skin or skin appendages.
5. The cosmetic or dermatological preparation as claimed in claim 1, wherein the at least one compound selected from the group consisting of creatinine and

derivatives thereof and the at least one compound selected from the group consisting of creatine and derivatives thereof are present in an amount effective for the treatment or prophylaxis of pigmentation disorders.

6. The cosmetic or dermatological preparation as claimed in claim 1, wherein the at least one compound selected from the group consisting of creatinine and derivatives thereof and the at least one compound selected from the group consisting of creatine and derivatives thereof are present in an amount effective for the treatment or prophylaxis of functional disorders of skin appendages.

7. The cosmetic or dermatological preparation as claimed in claim 1, wherein the at least one compound selected from the group consisting of creatinine and derivatives thereof and the at least one compound selected from the group consisting of creatine and derivatives thereof are present in an amount effective for the enhancement of hair growth.

8. The cosmetic or dermatological preparation as claimed in claim 1, wherein the at least one compound selected from the group consisting of creatinine and derivatives thereof and the at least one compound selected from the group consisting of creatine and derivatives thereof are present in an amount effective for increasing ceramide biosynthesis.

9. The cosmetic or dermatological preparation as claimed in claim 1, wherein the at least one compound selected from the group consisting of creatinine and derivatives thereof and the at least one compound selected from the group consisting of creatine and derivatives thereof are present in an amount effective for strengthening the barrier function of the skin.

10. The cosmetic or dermatological preparation as claimed in claim 1, wherein the at least one compound selected from the group consisting of creatinine and derivatives thereof and the at least one compound selected from the group consisting of creatine and derivatives thereof are present in an amount effective for the treatment or prophylaxis of disorders of the normal skin pH and of the osmolyte balance.

11. The cosmetic or dermatological preparation as claimed in claim 1, wherein the at least one compound selected from the group consisting of creatinine and derivatives thereof and the at least one compound selected from the group consisting of creatine and derivatives thereof are present in an amount effective for the treatment or prophylaxis of deviations from the normal cell-cell communication in the skin.

12. The cosmetic or dermatological preparation as claimed in claim 1, wherein the at least one compound selected from the group consisting of creatinine and derivatives thereof is present in an amount from 0.1 to 10 wt%, based on the total weight of the preparation.

13. The cosmetic or dermatological preparation as claimed in claim 12, wherein the at least one compound selected from the group consisting of creatine and derivatives thereof is present in an amount from 0.1 to 10 wt%, based on the total weight of the preparation.

14. The cosmetic or dermatological preparation as claimed in claim 1, wherein the at least one compound selected from the group consisting of creatine and derivatives thereof is present in an amount from 0.1 to 10 wt%, based on the total weight of the preparation.

15. The cosmetic or dermatological preparation as claimed in claim 1, wherein the at least one compound selected from the group consisting of creatinine and

derivatives thereof is present in an amount from 0.1 to 1 wt% and the at least one compound selected from the group consisting of creatine and derivatives thereof is present in an amount from 0.1 to 3 wt%, based on the total weight of the preparation.

16. The cosmetic or dermatological preparation as claimed in claim 1, wherein the weight ratio of the at least one compound selected from the group consisting of creatinine and derivatives thereof to the at least one compound selected from the group consisting of creatine and derivatives thereof is from 1:2 to 2:1.

17. The cosmetic or dermatological preparation as claimed in claim 1, wherein the at least one compound selected from the group consisting of creatine and derivatives thereof comprises at least one compound selected from the group consisting of creatine phosphate, creatine sulfate, creatine acetate, creatine ascorbate, and esters of creatine and mono- or polyfunctional alcohols.

18. The cosmetic or dermatological preparation as claimed in claim 1, wherein the at least one compound selected from the group consisting of creatine and derivatives thereof comprises creatine phosphate.

19. A method for the prophylaxis or treatment of an inflammatory skin condition or for the protection of dry or sensitive skin, comprising applying to the skin a cosmetic or dermatological preparation comprising at least one compound selected from the group consisting of creatinine and derivatives thereof and the at least one compound selected from the group consisting of creatine and derivatives thereof in an amount effective for the prophylaxis or treatment of the inflammatory skin condition or for the protection of sensitive or dry skin.

20. The method as claimed in claim 19, wherein the inflammatory, sensitive or dry skin condition is one or more conditions selected from the group consisting of atopic

eczema, seborrheic eczema, polymorphous photodermatoses, psoriasis, vitiligo, wound healing disorders, itching; sensitive or irritated skin, light-induced skin damage and UV-induced immunosuppression, changes in desquamation, changes in the normal fibroblast and keratinocyte proliferation, changes in the normal fibroblast and keratinocyte differentiation of deficient sensitive or hypoactive skin conditions or deficient sensitive or hypoactive conditions of skin appendages, and increased skin thickness.

21. A method for treating the prophylaxis or treatment of the symptoms of intrinsic or extrinsic skin aging or of the harmful effects of ultraviolet radiation on the skin, comprising applying to the skin a cosmetic or dermatological preparation comprising at least one compound selected from the group consisting of creatinine and derivatives thereof and the at least one compound selected from the group consisting of creatine and derivatives thereof in an amount effective for the prophylaxis or treatment of the symptoms of intrinsic or extrinsic skin aging or of the harmful effects of ultraviolet radiation on the skin.

22. The method as claimed in claim 21, wherein the symptoms of intrinsic or extrinsic skin aging and the harmful effects of ultraviolet radiation on the skin are one or more symptoms or harmful effects selected from the group consisting of age spots, wrinkles, teleangiectases, skin sagging, loss of elasticity, disappearance of the epidermal and dermal cell layers, disappearance of the constituents of connective tissue, disappearance of the retinal cones and capillary vessels, skin luster and fatigue, increased activation of proteolytic enzymes in the skin, metalloproteinases, disorders of the normal collagen, hyaluronic acid, elastin and glycosaminoglycan homeostasis, disorders of normal skin regeneration, changes in the normal fibroblast and keratinocyte proliferation, changes in the normal fibroblast and keratinocyte differentiation, and deficiency symptoms of intracellular DNA synthesis.

23. A method for the treatment or prophylaxis of environmentally induced negative alterations of the skin or skin appendages, comprising applying to the skin a cosmetic or dermatological preparation comprising at least one compound selected from the group consisting of creatinine and derivatives thereof and the at least one compound selected from the group consisting of creatine and derivatives thereof in an amount effective for the treatment or prophylaxis of environmentally induced negative alterations of the skin or skin appendages.

24. The method as claimed in claim 23, wherein the environmentally induced negative alterations of the skin or skin appendages are caused by one or more selected from the group consisting of smoking, smog, reactive oxygen species and free radicals.

25. A method for the treatment or prophylaxis of pigmentation disorders, comprising applying to the skin a cosmetic or dermatological preparation comprising at least one compound selected from the group consisting of creatinine and derivatives thereof and the at least one compound selected from the group consisting of creatine and derivatives thereof in an amount effective for the treatment or prophylaxis of pigmentation disorders.

26. A method for the treatment or prophylaxis of functional disorders of skin appendages, comprising applying to the skin a cosmetic or dermatological preparation comprising at least one compound selected from the group consisting of creatinine and derivatives thereof and the at least one compound selected from the group consisting of creatine and derivatives thereof in an amount effective for the treatment or prophylaxis of functional disorders of skin appendages.

27. The method as claimed in claim 26, wherein the functional disorders of skin appendages include one or more selected from the group consisting of hair loss, seborrheic phenomena, greasy skin, greasy hair, comedones, and dandruff.

28. A method for the enhancement of hair growth, comprising applying to the skin a cosmetic or dermatological preparation comprising at least one compound selected from the group consisting of creatinine and derivatives thereof and the at least one compound selected from the group consisting of creatine and derivatives thereof in an amount effective for the enhancement of hair growth.

29. A method for increasing ceramide biosynthesis, comprising applying to the skin a cosmetic or dermatological preparation comprising at least one compound selected from the group consisting of creatinine and derivatives thereof and the at least one compound selected from the group consisting of creatine and derivatives thereof in an amount effective for increasing ceramide biosynthesis.

30. A method for strengthening the barrier function of the skin, comprising applying to the skin a cosmetic or dermatological preparation comprising at least one compound selected from the group consisting of creatinine and derivatives thereof and the at least one compound selected from the group consisting of creatine and derivatives thereof in an amount effective for strengthening the barrier function of the skin.

31. The method as claimed in claim 30, wherein the strengthening of the barrier function of the skin provides prophylaxis or treatment of one or more conditions selected from the group consisting of horny layer barrier disorders, changes in normal lipid peroxidations, changes in transepidermal water loss and changes in the normal moisture content of the skin.

32. A method for the treatment or prophylaxis of disorders of the normal skin pH and of the osmolyte balance, comprising applying to the skin a cosmetic or dermatological preparation comprising at least one compound selected from the group consisting of creatinine and derivatives thereof and the at least one compound selected

from the group consisting of creatine and derivatives thereof in an amount effective for the treatment or prophylaxis of disorders of the normal skin pH and of the osmolyte balance.

33. A method for the treatment or prophylaxis of deviations from the normal cell-cell communication in the skin, comprising applying to the skin a cosmetic or dermatological preparation comprising at least one compound selected from the group consisting of creatinine and derivatives thereof and the at least one compound selected from the group consisting of creatine and derivatives thereof in an amount effective for the treatment or prophylaxis of deviations from the normal cell-cell communication in the skin.